

**EPI Update for Friday, October 23, 2009**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

- H1N1 Quick Points for health care providers (with information on a H1N1 update conference call for health care providers)
- UHL Web page for seasonal and 2009 H1N1 influenza
- Environmental cleaning during influenza season
- African sleeping sickness
- Meeting announcements and training opportunities

**H1N1 Quick Points for health care providers**

Includes current “bottom line” information about H1N1 to provide the most updated information. Please forward these points on to any other HCP’s that might find them useful. They will be also posted on the IDPH Web site.

***SAVE THE DATES:*** *On Thursday October 29 from 5:30-6:30 p.m. and repeated on Friday October 30 from 12:00-1:00 p.m., there will be conference calls for health care providers (HCPs) around Iowa to update them on issues surrounding H1N1 influenza. There will be a limited number of lines, so each health care entity should try to call in on only one line, and interested local public health officials should call in with their local HCPs. Please send any questions or issues you wish to be discussed on this conference call to [influenzaAH1N1@idph.state.ia.us](mailto:influenzaAH1N1@idph.state.ia.us)*

*On Thursday 5:30-6:30pm:* conference call number is (866) 890-0086, ID# 38096455

*On Friday noon-1:00 pm:* conference call number is (866) 890-0086, ID # 38100627

- Empiric treatment with antivirals should be considered for ill persons; A) children <2 years of age, B) adults >64 years of age, C) pregnant women and two weeks post partum, D) those of any age with chronic medical conditions or immunosuppressed, E) children <19 years of age on aspirin therapy. See: [www.cdc.gov/h1n1flu/recommendations.htm](http://www.cdc.gov/h1n1flu/recommendations.htm)
- The 2009 H1N1 live attenuated vaccine nasal spray vaccine (LAIV) should be used for healthy health care providers (HCPs) who are 49 years of age or younger (with one exception - HCPs who provide care for patients in a protected environment, such as hospitalized stem cell recipients, should not receive the LAIV.) Because of the limited amounts of inactivated injectable vaccine, every shot that is used for healthy HCPs means one less flu shot is available for those that can only receive the injectable vaccine, such as pregnant women and

children with medical problems. See:

[www.cdc.gov/mmwr/preview/mmwrhtml/rr5707a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5707a1.htm)

- Only unadjuvanted vaccine is being used in the U.S. during the 2009 flu season; there is no squalene in the U.S. seasonal nor 2009 H1N1 vaccines. See: [www.cdc.gov/h1n1flu/vaccination/vaccine\\_safety\\_qa.htm](http://www.cdc.gov/h1n1flu/vaccination/vaccine_safety_qa.htm)
- Women who are breastfeeding can receive the live nasal spray flu vaccine. See: [www.cdc.gov/mmwr/preview/mmwrhtml/rr5707a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5707a1.htm)
- Pregnant women can receive an influenza vaccine containing thimerosal. See: [www.cdc.gov/flu/about/qa/thimerosal.htm](http://www.cdc.gov/flu/about/qa/thimerosal.htm)
- Updated information on the use of masks in the health care setting, including CDC and OSHA statements. See: [www.idph.state.ia.us/h1n1/healthcareproviders.asp](http://www.idph.state.ia.us/h1n1/healthcareproviders.asp)
- Live nasal spray vaccine can cause a positive rapid influenza test for up to seven days after receipt of the 2009 H1N1 vaccine. See: [www.cdc.gov/h1n1flu/vaccination/clinicians\\_qa.htm](http://www.cdc.gov/h1n1flu/vaccination/clinicians_qa.htm)
- Do not give the live 2009 H1N1 nasal spray vaccine until 48 hours after antiviral therapy has ended. Also, if antiviral therapy is started within two weeks of giving the live nasal vaccine, it may not provide protection. See: [www.cdc.gov/h1n1flu/antiviral.htm](http://www.cdc.gov/h1n1flu/antiviral.htm)
- Because of the need to keep ERs and clinics available to ill lowans, employees and schools should not ask health care practitioners to provide “OK to return to work” or “verification of illness” slips.

### **UHL Web page for seasonal and 2009 H1N1 influenza**

UHL has a new Web page for information on seasonal and 2009 H1N1 influenza. Laboratory topics include testing criteria, specimen collection, test result interpretation, and how to complete a test request form. Visit [www.uhl.uiowa.edu/services/influenza/](http://www.uhl.uiowa.edu/services/influenza/).

### **Environmental cleaning during influenza season**

The influenza season is upon us and with it comes the need to keep the indoor environment clean, especially in public areas. Here are key cleaning facts:

- Clean frequently touched surfaces with your normal cleaning and disinfecting agents (including soap and water). Follow the directions on the label.
- Specialized cleaning agents are not necessary
- The US Environmental Protection Agency (EPA) maintains a list of commercial disinfecting products that are effective against influenza A viruses on hard non-porous surfaces; visit [www.epa.gov/oppad001/influenza-a-product-list.pdf](http://www.epa.gov/oppad001/influenza-a-product-list.pdf)
- Do not spray (fog) rooms with disinfectant or air sanitizers. This is a potentially dangerous practice that has no proven disease control benefit.

For further guidance, visit

[www.idph.state.ia.us/h1n1/common/pdf/schools\\_general\\_fact\\_sheet.pdf](http://www.idph.state.ia.us/h1n1/common/pdf/schools_general_fact_sheet.pdf)

Note: Products used for disinfecting surfaces are classified as a pesticide; thus, accidental exposure to these chemicals is reportable under Iowa Code and should be reported to the Iowa Statewide Poison Control Center at 800-222-1222.

### **African sleeping sickness**

An Iowan contracted African trypanosomiasis after a recent trip to Botswana and Zimbabwe. Approximately five days after exposure, the patient developed a headache, fever, and muscle aches, and a red lesion appeared on the patient's back. After treatment, the patient made a full recovery. Human African trypanosomiasis, also known as sleeping sickness, is a parasitic disease transmitted by the tsetse fly. If left untreated, the parasite can invade the central nervous system and cause confusion, sensory disturbances, poor coordination, disturbance of the sleep cycle and eventually death.

### **Meeting announcements and training opportunities**

None

### **Have a healthy and happy week!**

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